

ABSTRACT OF THE DISCLOSURE

An information recording apparatus for recording information with less waveform deformation with an adequate modulation degree and with a high asymmetry, an information recording method, and an information recording program. An information recording apparatus in which a laser beam is applied to a recording medium and a recording mark corresponding to a recording signal is formed includes a light source for emitting a laser beam and signal generating means for generating a recording pulse signal for driving the light source according to the recording signal. The recording pulse signal includes a mark period during which a recording mark is formed and a space period during which no recording mark is formed. During the mark period corresponding to a long mark, the level of the recording pulse signal corresponds to a recording power with which the reproduction compatibility is ensured and the waveform distortion is at or below a predetermined value.